

Setting Goals by Hale Dwoskin

The following contains edited excerpts from [The Sedona Method® Course](#). This course contains the best of the latest advances in goal setting, as well as new material previously available only through our advanced courses. These excerpts will help you to get more out of your releasing for goals.

On Goals

The following is a summary of some the important points to keep in mind when you are wording a goal statement. Wording a goal correctly can make all the difference between whether or not it is finally achieved. In fact, writing down your goals is one of the keys to achieving them. Studies of groups of successful goal-oriented people have shown that people who write down their goals are approximately 80% more likely to achieve them, than people who just think about them.

Keys to Writing Effective Goals

Phrase it in the now. . .

Most of us fall into the trap of thinking that we're going to create what we want in the future. And the future never seems to come. How many times have you said to yourself, "I'll do that tomorrow," and you didn't do it?

Whenever you're holding in mind "I'm going to do this later, or tomorrow, or next week, or next year," you project your goal into the future and the future never seems to come.

Phrase it in the positive. . .

Focus on the solution. Avoid putting in the goal that problem which you're trying to get rid of. For instance, what if you would like to stop smoking. The goal would not be phrased "I allow myself to stop smoking." The mind does not translate the words "not," "don't," "stop," or any of the other words of negation.

The mind thinks in pictures. Right now, try not to think of a white elephant, what do you think of? A white elephant. Put something in the goal that the mind can visualize. For example, "I allow myself to be a non-smoker." You can picture being a non-smoker. That's something you can see—other people who aren't smoking. So it makes a big difference to word your goals in this manner.

The goal should feel real or realistic. . .

Supposing you are making \$1,000 a week, but what you would really like to earn is \$10,000 a week. Upping your income from \$1,000 to \$10,000 might be too big a jump for you to accept in just one specific goal. So you might want to start with \$2,500 a week. That's a stretch from where you are, but it seems more real or realistic.

The more you make your goals attainable—something that the mind can accept as at least a possibility—the more likely you are to be able to release any obstacle that you have within you to achieve the goal.

Include yourself in the goal statement. . .

In other words, if you want to clean your house, you might want to phrase your goal as, "I allow myself to clean my house, "as opposed to,"The house is clean." If you say, "The house is clean," you might not believe it. You might also start waiting for a miracle to happen so that the house gets clean by itself. If you've had tremendous resistance to cleaning your house and then you release on this goal, "I allow myself to easily clean the house," you may just find yourself easily cleaning the house.

Be precise and concise . . .

Use as few words as possible while at the same time making sure that you are enthusiastic when you hear the goal. In other words, you don't want to put everything but the kitchen sink in one goal. Years ago, there was a man in a class who set up a goal, "I allow myself to have an abundant income so that I can have a new car, a house in the country, the maids to take care of the second house, and the perfect woman to have a relationship with to share all this."

As you can see there are several goals in that one goal, and they are all pulling in different directions. So the instructor helped this person simplify the goal by helping him break it down into specific individual goals. Then they created an umbrella goal that was appropriate for the whole situation which was, "I allow myself to have the good things in life and enjoy them." See how that includes everything? It doesn't cause you to pull into all sorts of conflicting directions.

Make sure you word it to facilitate letting go. . .

One area where you could get yourself into trouble is in the area of relationships. If you make a goal stating: "I allow Mary (or Joe) to love me," that could get you into trouble. First of all, you'll be running around doing all these things to try to get them to love you. And what if they are not even the right person for you?

This could tend to really get you stuck. Whereas if you phrased it, "I allow myself to have a loving relationship," then the goal is more open and inclusive. It might be with the person you're having a relationship with now, or it might not.

Eliminate the word "want" from your goals. . .

We'll talk more about how "wanting bars having" later in the tape series. But in general, would you rather want to have a lot of money, or would you rather just have it? Would you rather want the perfect relationship, or would you rather have the perfect relationship? Would you rather want good health, or would you rather have good health? "Want" equates to

the feeling of lack, so avoid putting the feeling of lack in the goal.

Phrase it so you're focusing on the end result, not your means of achieving it. . .

For instance, go back to the earlier example—having a net income of \$2,500 a week. Don't put how you're going to get it. I've heard people word goals like this: "I allow myself to make \$2,500 a week by working 18 hours a day, 6 days a week," and a whole list of other actions that they thought they needed to take in order to achieve their goal.

What you will discover is that very often the actions you think you need to take in order to get the goal have absolutely nothing to do with the goal. They are only limitations or artificial obstacles that you're putting in your way. Also you'll notice as we work on goals that we'll specifically release on the action steps that you can take in order to get the goal.

Always allow for the unexpected. What if someone gives you a large amount of money? What if you win the lottery? There are so many things that could happen to allow that goal to come into your awareness.

Word it in either courageousness, or acceptance, or peace. . .

"I allow myself to..." or "I can..." is a good way to start a goal in courageousness. "I have..." is a good way to start a goal in acceptance. And "I am..." is a good way to start a goal in peace. We've talked a lot about the "I allow myself to..." which is a very good way of wording a goal.

If you're not in courageousness about a particular topic, getting into courageousness is already a great step forward. And you can always reword the goal later to raise the energy even higher to acceptance or peace. Allow the mind to start using its creativity to start generating possibilities of how this goal can happen."...

Setting Goals – Gaining Clarity

It is vital to know what you want – and why you want it. In this section, you will establish goals in five areas:

1. **Spiritual**
2. **Relationships**
3. **Emotional and Intellectual**
4. **Career and Finances**
5. **Health and Fitness**

Remember to apply the points in the preceding section to your goal setting process. They are listed here again for your convenience.

- **Phrase it in the now. . .**
- **Phrase it in the positive. . .**
- **The goal should feel real or realistic. . .**
- **Include yourself in the goal statement. . .**
- **Be precise and concise . . .**
- **Make sure you word it to facilitate letting go. . .**
- **Eliminate the word "want" from your goals. . .**
- **Phrase it so you're focusing on the end result, not your means of achieving it. . .**
- **Word it in either courageousness, or acceptance, or peace. . .**

List three things you would like to be, do or have in your life spiritually – unshakeable trust, a profound sense of peace, a deeper sense of connection, freedom from limitations . . .

- 1.
- 2.
- 3.

Do you notice any feelings regarding these three goals that limit you or prevent you from believing you can have these goals, right now? If so, please write them in this space . . .

List three things you would like to be, do or have in your life with regard to your relationships – romantic, friends, family, career, etc . . .

1.

2.

3.

Do you notice any feelings regarding these three goals that limit you or prevent you from believing you can have these goals, right now? If so, please write them in this space . . .

List three things you would like to be, do or have in your life with regard emotionally or intellectually – freedom from stress, higher self-confidence, an advanced degree, to author a book . . .

1.

2.

3.

Do you notice any feelings regarding these three goals that limit you or prevent you from believing you can have these goals, right now? If so, please write them in this space . . .

List three things you would like to be, do or have in your life with regard to your career or finances – financial freedom, passive cash flow, your own business . . .

1.

2.

3.

Do you notice any feelings regarding these three goals that limit you or prevent you from believing you can have these goals right now? If so, please write them in this space . . .

List three things you would like to be, do or have in your life with regard to your level of health and fitness – a home gym, to run a marathon, the energy and vitality of a teen-ager . . .

1.

2.

3.

Do you notice any feelings regarding these three goals that limit you or prevent you from believing you can have these goals, right now? If so, please write them in this space . . .

Now reflect on your goals and notice the feelings you hold about them; You can release those feelings of limitation – now. When you remove the resistance, the unwanted feelings that say “You can never have this – this isn’t possible. And if it is, you could never have this now.” – when you release these feelings you will discover an undeniable sense of momentum, energy and possibility throughout your life.

Keep your goals in a place where you can refer to them on occasion. They may change over time and that is natural. You may also find that by simply becoming clear about what you really want and by becoming aware of the limiting feelings you have been holding that new possibilities begin to enter your awareness.

When you release the feelings that hold what you want away from you, you will find that opportunities present themselves in ways you had previously turned your attention away from. What you want may be right under your nose, but the feelings you hold may have you looking in the wrong places. This has been true for thousands of Sedona Method graduates and myself. And it may also be true for you.

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Warmest regards,

A handwritten signature in black ink, appearing to read 'Hale'.

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